COMMISSIONED CORPS
OF THE U.S. PUBLIC HEALTH SERVICE

United States Public Health Service Corps

WELLNESS PROGRAM

Caring For Those Who Care For Others

The USPHS Commissioned Corps Wellness Program is designed to promote strategies to enhance resilience amongst Public Health Service Corps officers, by enhancing officers' overall health.



Program Goal

The primary goal of this program is to foster a proactive approach to enhance the emotional, physical and nutritional wellbeing of Public Health Service Corps Officers. We believe that addressing these vital aspects contributes significantly to the overall readiness of our officers. Wellness Champions are ready to provide guidance to all of your wellness questions.

United States Public Health Service Corps
WELLNESS PROGRAM CHAMPIONS

Caring For Those Who Care For Others

Wellness Champions are here to assist you! Our Wellness Champions are equipped to provide education, insights, and answer questions and concerns related to health and wellness. Do not hesitate to reach out to any of our Champions below for more information on how they can support your health and wellness journey.

Wellness Champion Program

Lead: CDR Marriah Lombardo
Co-Leads: CDR Kevan Lee-Steele, LCDR April Tyson, & LT Stephanie Rimroth
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Nutritional Wellness



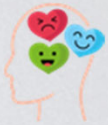
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Stress Management



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Spiritual Wellness



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Financial Wellness



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Resources: https://dcp.psc.gov/ccmis/Officer_Relations.aspx
PHS Wellness Champions: https://dcp.psc.gov/ccmis/phs_wellness_champions.aspxt

Disclosure: While many of our Wellness Champions are licensed clinicians they are serving in this role/capacity to provide education, information, and resources; not direct clinical care/services. Receiving information about health and wellness is not a substitute for receiving clinical health care from a licensed clinical care provider.